



40 Maple Street
P.O. Box 187
Ellington, CT 06029

Hours:

Mondays:
8:30am-6:00pm

Tuesdays:
8:30am-4:00pm

Wednesdays:
8:30am-4:00pm

Thursdays:
8:30am-4:00pm

Fridays:
8:30am-1:30pm

Main Line:
860-870-3133

**Transportation
Line:**
860-870-3137

Maple Street Monthly

Ellington Senior Center Newsletter

Visit us online: <http://seniorcenter.ellington-ct.gov>

February 2019

Like us on
Facebook!



Weather Alerts:

To sign up for text and/or email alerts, visit our website, or stop by the front desk for assistance.

Greetings!

It's never too early to think Spring! We need volunteers to help us with our gardens. If you have the time and would like to help, please let us know so you can join Jan and Leslie. Joe Ouellette will feature Mr. Walt Disney in History for Fun this month. If you have not attended one of Joe's programs, you may want to come and join the fun. Amelia Kurpat brings us a Valentine's Social on February 14. Sam has begun yoga and will offer a chair yoga in February, free to residents, and a minimal charge to non-residents. See inside for details on all of these programs and more.

In Human Services news, we welcome Rebecca Stack, Elderly Outreach and Social Worker. Ms. Stack is located at the Human Services office and can be reached at: 860-870-3131. Youth Services will be hosting the Annual Gallery Night February 23 at the Senior Center from 4pm-7pm. Please see the Community Connections Resource Fair listed below. Both events are open to the community, and are offered by Youth Services.

As a reminder, the doors of the Senior Center do not open until 8:30am. Refer to the calendar for program start times.

Sincerely,

Erin R. Graziani,
Senior Center Director

Meet Our Staff:

Director:
Erin R. Graziani

Assistant Director:
Samantha "Sam" Baer

Administrative Secretary:
Alisha Goss

Bookkeeper:
Sue Maheux

Drivers:
Ken McCarthy
Jeanne Magurany

Transportation Clerk:
Jasbir Jutla

Custodians:
Claire Rich
Michael "Mikey" Joslin

Community Connections Resource Fair

Thursday

March 28, 2019

6:00 to 8:30 pm

Ellington Senior Center

Parents and community members are invited to attend and gather important resources on issues affecting our teens and pre-teens. Over 16 exhibitors will be on hand with two break-out sessions on vaping and tips on connecting with your youth. Free Admission! Door prizes and refreshments. A sample of the exhibitors:

Hidden in Plain Sight

CT State Police Prescription Drug
Take Back

CHR—Substances & Mental Health

Eating Disorders-Walden Care

Ellington School System

Dana Cavallo, PhD—Vaping

Tpr. Cummings-Social Media

Today I Matter

...Many more



Copies of the Handbook & Operating Procedures for Senior Center Programs, forms, and detailed/updated information on all programs, special events, trips, and volunteer opportunities can all be found in the Information Center and online at:

<http://seniorcenter.ellington-ct.gov>

MEMBERSHIP

The Ellington Senior Center is open to those age 55 and older. All program participants must have a current **Annual Registration** on file. Currently, there is no membership fee to join. However, certain programs may require payment and/or pre-registration. We ask that you sign in using your "My Senior Center" card for each program you attend.

SPECIAL EVENTS

NEW PROGRAM:

Fridays, 10:30 am—11:15 am

Begins February 1st

Residents - Free

Non-Residents - \$3

Instructor: Sam Baer



Experience all the benefits of yoga, without having to get on the floor! Increase flexibility, balance, metabolism, focus, and strength while decreasing joint pain and chance of heart disease.

Craft Fair Volunteers' Meeting

Thursday, February 7

10:30 am—11:00 am



All volunteers who participated in our Craft & Vendor Fair this past December are invited and encouraged to attend this follow up meeting!

Thursday, February 7
3:00 pm

**MONTHLY MUSIC
WITH EHS**

The students of Ellington High School invite you to this monthly music special featuring a variety of musical talent.

FREE - Sign up in the Info Center

TED TALKS
IDEAS WORTH SPREADING

Join Sam at 1:00 pm on the following dates for a short video and discussion afterwards.

Wednesday, February 6:

100 solutions to reverse global warming. Video Presenter: Chad Frischmann

Tuesday, February 12:

How to disagree productively and find common ground. Video Presenter: Julia Dhar

Tuesday, February 19:

How we can help young people build a better future. Video Presenter: Henrietta Fore

Wednesday, February 27:

What's wrong with what we eat. Video Presenter: Mark Bittman

*Open your mind to something new!
Future topic suggestions are welcome!*

Trained volunteers will complete federal and state income tax returns at no charge for those 50+.



Call Alisha for an appointment: 860-870-3133.

Appointments are scheduled between 9:00 am-1:00 pm, Thursdays, February-April.



**A MULTIMEDIA
PRESENTATION
BY: JANICE CHAPLIN**

**WEDNESDAY,
FEBRUARY 13
1:00 PM**

LEARN ALL ABOUT RAGTIME MUSIC.
ENJOY VIDEOS OF RAGTIME
PERFORMANCES. SIGN UP IN ADVANCE
IN THE INFO CENTER. FREE.

SNOW DATE: 2/27

Valentine's Social
Thursday, February 14
1:00pm-3:00pm

Bring or meet a sweetie!
Music by Rod Henry



Residents \$9

Non-Residents \$10

Ticket in advance by 2/12

Includes dessert & beverage

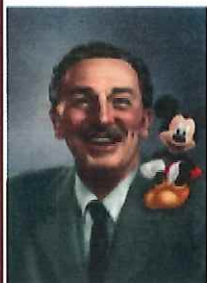
Snow Date: 1/21

Make it a day! Come early and grab lunch on your own at our Maple Street Café 11:00 am—12:30 pm.
Pay at the door. No reservations needed.

Acceptable Forms of Payment for all Programs/
Classes: Cash or check, made payable to: SCAF
(Senior Citizen's Activity Fund)

SPECIAL EVENTS

HISTORY FOR FUN Disney



He brought us a world of Fantasy and Magic. We'll take you through his amazing life and unique contributions we all enjoy today. American Business Magnet, Cartoonist, Animator, Voice Actor and Film Producer.

Wednesday, February 20, 2019
1:00pm

Presenter: Joe Ouellette
Please sign up in the Information Center

ELLINGTON SENIOR CENTER

ST. PATRICK'S DAY CELEBRATION

THURSDAY, MARCH 21, 2019

12:30 PM DINNER ~ 1:00 PM ENTERTAINMENT

A Traditional Irish Dinner: Corned Beef, Cabbage, Potatoes, Carrots, Irish Soda Bread, Dessert and Beverage.

Entertainment with Pierce Campbell

Tickets in advance by 3/14/19
Residents \$15
Non-Residents \$16

PROGRAM REGISTRATION & PAYMENTS

Several of the programs offered are free and members are welcome to attend on a walk-in basis. Some programs require pre-registration and will be stated as such in the description. Sign-up sheets for these programs will be located in the **Information Center**. Please ask the receptionist if you need help. Program registrations are accepted on a first come, first served basis, with preference given to Ellington residents. Please see the Administrative Secretary for programs requiring payment. Partial payments are not accepted unless otherwise specified.

IMPORTANT: All payments for programs are non-refundable, and make-up classes are not permitted, unless the Senior Center cancels.

HEALTH & WELLNESS F • A • I • R



Health-Related Vendors Wanted

Do you have a health-related service or product for those age 55+? We are currently seeking vendors for our fair. For more information visit our website or contact us: 860-870-3133
Sam: sbaer@ellington-ct.gov
Alisha: agoss@ellington-ct.gov

Winter Weather Policy Reminder

Stay tuned to Channels 3, 8 and 30 for closings due to weather. If the Ellington Public Schools are closed or delayed, so is the Ellington Senior Center.

Delayed Openings:

1 Hour	9:30 am
90 Minutes	10:00 am
2 Hours	10:30 am

Early Dismissal:

All afternoon & evening programs are cancelled.

Sign up on our website to receive email and/or text alerts. Visit our website and click "Notify Me" to register, or stop by the front desk for assistance.

SAVE THE DATES!

3/19	1:00 pm	Legislative Update w/Rep. Davis
3/25	4:00 pm	Workshop: Intro. to Journaling
4/1	9:00 pm	Hiking Club Planning Meeting
4/2	9:00 am	Garden Thyme Info. Meeting
4/18	9am-1pm	AARP Smart Driver Class
4/25	1:00 pm	Ellington Singers Spring Musicales
5/9	10am-2pm	Health & Wellness Fair

We celebrate our Volunteers in April!
Stay tuned for special events being planned!

PROGRAMS

The rates for our fee-based classes are listed below. If you need more information about any of the classes, please speak with one of the front desk volunteers, or a staff member. See the calendar page for schedules.

FITNESS, HEALTH & WELLNESS CLASSES	INSTRUCTOR	FEE R=Resident NR= Non-Resident	NOTES: W = Bring Water Bottle M = Bring Mat S = Session Discount Available
Chair Exercises	Linda Stein	R \$4 NR \$5	W (NOTE: No class 2/14, 2/19)
CrosSculpting	Linda Stein	R \$7 NR \$8	W, M, S (NOTE NO class 2/14, 2/19)
Simple Circuit Fitness	Linda Stein	R \$7 NR \$8	W, M, S (NOTE NO class 2/14, 2/19)
Intermediate Line Dancing	Nicole Gagne	Session: R \$40 NR \$48 Walk-in: R \$7 NR \$8	Remaining Session: 2/4, 2/11, 2/25, 3/4, 3/11, W, S (NOTE: NO class 2/18)
<u>NEW:</u> Yoga	Sam Baer	R Free NR \$3	Bring a blanket and yoga blocks, if you have them. W, M
<u>NEW:</u> Chair Yoga	Sam Baer	R Free NR \$3	Begins February 1. Fridays, 10:30am-11:15am. W

OUR VOLUNTEERS

In addition to our professional instructors, the Ellington Senior Center is fortunate to have several individuals who volunteer to make our programs possible. Thanks to our "Volunteer Program Leaders" (VPLs), we are able to offer many programs at little or no cost. See the calendar page for the program schedule. If you have any questions on a specific program, please feel free to stop in during the scheduled program time to speak with them, or visit our website: <http://seniorcenter.ellington-ct.gov>

Ballroom Dancing/Easy Line Dancing: Amelia Kurpat Billiards: Will Maynard Board Games: Janet Sosnicki, Toni Finkle Bridge: Raffat Zulfiquar, Rich Gillogly Canasta: Kathi Peterson Creative Writing & More: Pat Stoughton Ellington Chess Mates: Alex Cardoni Cut Ups Carving Club: Randy Russo, Ed Ertel Dominoes: June Lyons Ellington Co-Ed Golf League**: Ferris Bromley Ellington Men's Club: Ferris Bromley, Moe Webber Ellington Singers: Mary Regan, Maureen Webber	Garden Thyme**: Janice Chaplin, Leslie Sutor Hand Massages: Kay Luginbuhl History for Fun: Joe Ouellette Musical Insights: Patricia Stoughton Needle Crafts: Carolyn Feldman Newsletter: Anna Hyde, Judy Varney, Janet Wieliczka Setback: Dave Lehmann, Claudia Pirtel Shuffleboard: Shirley Pinard Sew & So Crafters: Judy Varney Weekday Walking Club**: Joe Ouellette Wii Bowling: Dennis Varney, Larry Peterson **Seasonal Program
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SCREENINGS & CLINICS

Blood Pressure & Diabetic Screening

Visiting Nurse & Health Services Inc.
 Tuesdays, February 12 & 26
 12:30pm-2:00pm, Walk-in, Free

Podiatry Clinic

Wednesday, February 6, 9am-3pm. Fee Applies. For additional information, or to schedule an appointment, call Kathy Brennan with Pedicare at 860-202-3021.

TRANSPORTATION & HUMAN SERVICES

EMATS: Ellington Medical Appointments Transportation Services Transportation for Non-Emergency Medical Appointments

EMPLOYMENT OPPORTUNITY: Senior Center Van Driver



We are looking for someone to join our team to drive the bus, van or car to transport elderly and disabled residents. Must have a Commercial Driver's License with passenger endorsement.

For full job description, or to apply, visit:
www.ellington-ct.gov/Jobs.aspx

NOTE: Applications are not accepted at the Senior Center. All applicants must apply online.

For questions, contact
Human Resources: 860-870-3100

HISTORY

Transportation services began in 2001 for social programs. In 2003, transportation services expanded to provide rides to residents for medical appointments under our EMATS (Ellington Medical Appointment Transportation Services) program. EMATS is partially funded by a grant received by North Central Area Agency on Aging (NCAAA). Funded in part, by the "Older American's Act."



SHOPPING

Stop & Shop, Rockville:
Every Friday



We'll bring your groceries in.

Got Errands & Need a Ride? We can help!

Call 860-870-3137
Post Office, Town Hall, bank, library, doctor's appointment, Physical Therapy, and more!

Need a Ride to the Senior Center?

Lunch, Daily Programs, Special Events, Exercise Classes, and a whole lot more!

TRANSPORTATION HOURS, SCHEDULING, & FEES

Transportation Services are offered five days a week for social activities and medical appointments. Please call the Transportation Line at 860-870-3137 to request a "Transportation Packet" that provides you with the program's rules and regulations. **Call 860-870-3137 to make an appointment.**

Normal hours for medical transportation are offered:

Monday – Thursday: 9:00 am-2:30 pm, Fridays: 9:00 am-10:30 am.

The Annual Suggested Donation for Transportation is \$30.00.

A \$3.00 donation fee per round trip is suggested and appreciated.

OUR MISSION:

The Ellington Senior Center is a place that provides an environment for an individual age 55 years plus to enhance a healthy lifestyle that maintains independence, dignity, self respect and productivity through participation in recreational, social, educational, informational, and healthy activities and programs.

Ellington Human Services ...

assists residents and their families with information on programs and services that can assist the elderly in living independently in our community. Assistance includes applying for the Medicare Savings Program, food stamps/ SNAP, reviewing Medicare Rx and supplemental health insurance options and more. Please call Human Services to schedule an appointment. 860-870-3128. Please welcome Rebecca Stack, Elderly Outreach/Social Worker, whose office is located at Arbor Park.

Veterans' Coffeehouse

Meets the 3rd Thursday of the month at Hall Memorial Library at 10:30am. Veterans from all branches of the US Military are invited to attend.

Next Meeting Date: February 21

Contact Joe Palombizio for more information: 860-870-3182.



2019 TRIPS

DAY TRIPS: Payment is due in full upon signup for all day trips.

OVERNIGHT: Deposit is due upon sign-up. Each trip flyer indicates when full payment must be made.

Flyers will be posted in the Information Center and on our website as they become available.

Sign up is available as soon as the trips are posted. Early sign up is recommended.

For more information, or to sign up for a trip, see our Administrative Secretary, Alisha.

All trips are subject to change and are non-refundable, unless the Senior Center cancels.

Acceptable forms of payment for all trips: Cash or check made payable to:

SCAF (Senior Citizen's Activity Fund); Credit cards may be accepted for cruises.

DATE	DAY TRIPS		COST
Thursday, March 7, 2019	Sleigh Ride at Adams Farm, Brattleboro, VT Includes luncheon at The New England House, Farm Tour, Sleigh Ride & Transportation		\$113
Saturday, April 13, 2019	MGM Springfield Casino & Show at the Majestic, Springfield, MA. Includes: Matinee "The Marvelous Wonderettes", \$10 free bet, snack coupon, transport		\$50
Friday, April 26, 2019	Rapids & Rafts, Charlemont, MA 10 mile guided white water rafting on the Deerfield River on 25 class 1-3 rapids, picnic lunch		\$163
Wednesday, May 1, 2019	Bronx Breweries Tour, Bronx, NY Includes transportation, guided walkabout tour of 3 breweries and the Port Morris Distillery, lunch on Arthur Ave. & free time		\$118
Wednesday, June 19, 2019	Essex Stream Train & Riverboat, Essex, CT Enjoy a 3-course lunch aboard a restored 1920's Pullman Diner as a part of a 3 3/4 hour lunch, train, and riverboat sightseeing excursion.		\$101
Thursday, July 18, 2019	Enjoy a Fun Day on Block Island! Includes transportation, ferry cruise from Point Judith, RI to Old Harbor, Block Island. Lunch at National Hotel and free time to relax or explore.		\$101
Tuesday, August 20, 2019	Portsmouth Harbor & Isles of Shoals, NH Includes transportation, a 2.5 hour guided cruise, lunch at Warren's Lobster House in Kittery, ME.		\$112
Tuesday, October 8, 2019	Scenic Vermont. Includes a trip aboard the Green Mountain Flyer, lunch at Castle Hill Resort & Spa, & visit to Grafton Village Cheese Co.		\$114
OVERNIGHT TRIPS & CRUISES ***Call Friendship Tours to book this trip: 1-800-243-1630			
June 25, 2019 - June 27, 2019	The Fabulous Finger Lakes, Canandaigua, NY Escorted Tour, Ramada Plaza by Wyndham Geneva Lakefront, Belhurst Castle, Corning Museum of Glass, Pleasant Valley Winery, New York Kitchen, Waterfront Grill & Cruise on the Erie Canal.		\$561 pp Double
November 9, 2019 - November 24, 2019 ***	Escorted Cruise from New York to the Panama Canal aboard NCL's Norwegian Dawn. Itinerary: Curacao, Aruba, Columbia, Panama, Costa Rica, Bay Islands, Harvest Caye, Costa Maya, Tampa. Includes flight.		Starts at \$1999